

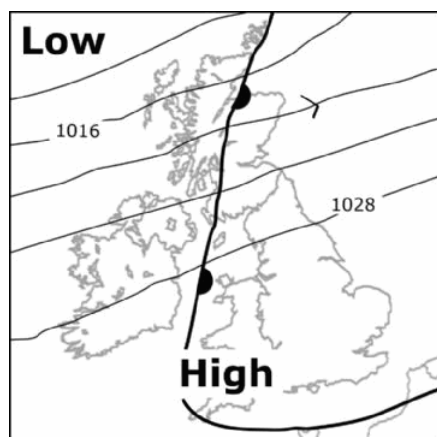
West Highlands

Western Highlands accessible from, and south of, Glenfinnan (Road to the Isles) and Glen Spean (includes Creag Meagaidh). This area includes Ben Nevis and the mountains around Glencoe. In the east, from Ben Alder south to Loch Lomond and Trossachs NP. Also Arran and Mull.



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General Summary for Sunday, 4 October, 2026



British Mountain Summary:

Based on forecast chart for noon 4 October, 2026

A weakening warm front will gradually bring low cloud to western hills of NW England and Wales. Blustery N England. In Scotland, widespread gales; in the NW & W Highlands, heavy rain and fog, but only occasional rain eastern and southern Scottish mountains.

Headline for West Highlands

Persistent upland gales, rain and fog.

Detailed Forecast for Sunday, 4 October, 2026

How windy? (On the Munros)	Southwesterly, increasing markedly with height to 40-50mph on higher exposed areas; generally least windy Loch Lomond NP. Probably nearer 35mph Arran.
Effect of wind on you?	Significant wind chill and walking difficult. General mobility strenuous on higher summits, particularly Lochaber, where conditions challenging, particularly morning.
How wet? (Precipitation and its impact)	Raining most or all day,. Almost incessant rain soon setting in. The rain on and off near Loch Lomond & Clyde sea lochs; only occasional drizzle Arran.
Cloud on the hills?	Foggy across all or nearly all mountains all day Persistent low cloud penetrating inland from about dawn will persist all day, forming on some coastal cliffs and inland from just above valleys. Well inland - toward central highlands most cloud above 600m, locally higher.
Chance of cloud free Munros?	Almost nil
Sunshine? Air clarity (below cloud)	Sunshine very unlikely. Visibility frequently poor, though mostly good near central belt.
How Cold? (at 900m)	9C. Will feel as cold as minus 6C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 5 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder less windy weather around the middle of next week brings snow showers to some northern mountains.

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service. 2026.